



Ivy Cotler, Chef / Owner
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 www.ivyscookin.com

Please order by Monday night for Thursday delivery or available for pickup Wednesday.
 KEY: *Top date is order date; Bottom date is delivery date.*

AUGUST 2010 Put this menu on the fridge for easy reference!

- 8/2** **GREEK LASAGNE** – This mouth-watering lasagne has a filling of spinach, feta cheese, black olives, ricotta and tofu and is topped with fresh sliced garden tomatoes. Yum-yum! (285 cal/10g fat/6g fiber).
8/5
- 8/9** **NEW! FRESH CORN, SPINACH & ROASTED RED PEPPER ENCHILADAS**
8/12 **(wheat free)** – These are positively addictive enchies with corn tortillas and a creamy filling of corn, spinach and roasted red peppers topped with my fabulous Mexican red sauce and Monterey Jack cheese (261 cal/8g fat/6.9g fiber).
- 8/16** **FETA & BALSAMIC ROASTED VEGETABLE GRATIN** – Balsamic
8/19 (vinegar) roasted summer vegetables (fresh mushrooms, summer squash and tomatoes) and feta cheese resting atop my famous couscous and wheat germ crust studded with sundried tomatoes (258 cal/7.5g fat/4g fiber).
- 8/23** **FRESH TOMATO & MUSHROOM QUICHE WITH BLUE CHEESE** –
8/26 A bed of egg noodles forms the crust for the filling of fresh tomatoes, mushrooms and blue cheese. Delicious in its' simplicity! (356 cal/11g fat/9g fiber).

SEPTEMBER 2010 Gift certificates from Ivy's Cookin' are available!

- 8/30** **LABOR DAY SPECIAL** ✨ **ALMOND EGGPLANT ENCHILADAS (wheat free)** – These deeply flavorful enchiladas feature corn tortillas layered with an almond and eggplant filling, cheeses and my scrumptious Mexican red sauce. Wonderful textural contrasts! (220 cal/8.2g fat/9.1g fiber)
9/2
- 9/6** **NEW! POLENTA VEGGIE LASAGNE (wheat free)** – Mmmmm... Polenta,
9/9 fresh seasonal veggies and herbs (tomatoes, basil, spinach and mushrooms) layered with garlicky marinara sauce and cheeses. A real crowd pleaser! (221 cal/6.5g fat/6.4g fiber).
- 9/13** **STUFFED SHELLS w/FRESH BASIL & ROASTED RED PEPPER CREAM SAUCE** – A feast for the eyes and the tastebuds! Roasted red pepper and fresh basil brightens the colors and flavors of this cream sauce and perfectly complements these cheese stuffed shells (309 cal/8.1g fat/1.8g fiber).
9/16
- 9/20** **FRESH CORN ENCHILADAS (wheat free)** – These enchies are absolutely
9/23 ambrosia! Corn tortillas with a creamy fresh corn and green chili filling and Ivy's zesty mexican red sauce (253 cal/9.6g fat/4.1g fiber).
- 9/27** **BAKED PASTA w/BROCCOLI, FRESH GARDEN TOMATOES & GORGONZOLA** – This delicious creamy pasta dish awakens and delights your tastebuds! Add fresh, home-grown tomatoes to broccoli, gorgonzola (mild blue) and Parmesan cheeses and you have a hit! (260 cal/8.6g fat/3g fiber).
9/30

Have a nice hot dinner waiting for you at home tonight!

 **PLACING AN ORDER IS EASY!**

At Ivy's Cookin' a new and delicious vegetarian entree is offered each week. Simply place your order by Monday night and Ivy will deliver a delicious 2-4 portion meal (9"x 9" pan) at your convenience on Thursday, or you can pickup Wednesday. All this for just \$25. (A family size 9"x13" pan is \$35). Meals from Ivy's Cookin' freeze exceptionally well, so they are ideal for dinners when you're too tired to cook, or lunches for those days on the go.

 **YOU HAVE OPTIONS!**

There is often a second choice entree available each week—contact me for details.

 **GIFT CERTIFICATES AVAILABLE!**

Ivy's Cookin' is a great gift idea for new moms, birthdays, potlucks, moving day, post surgeries, housewarmings, or as a simple act of kindness.

 **DID YOU KNOW...?**

You receive a 1/2 PRICE MEAL when your referral brings me a new customer...Spread the word!

 **A FREE GIFT!**

Receive a FREE food gift with your first order from Ivy's Cookin'!

CONVENIENT • DELICIOUS • AFFORDABLE • VEGETARIAN

Let Ivy's Cookin' Catering put the "fun" in your next function with delicious vegetarian cuisine for your workshop, meeting, seminar, wedding, special event ...



IMAGINE A CHEF THAT MAKES HOUSECALLS!

All meals prepared and delivered by chef/owner Ivy Cotler since 1992. Meals may be delivered right to your home or office every Thursday.

WATCHING YOUR FOOD INTAKE?

Ivy now provides fat, fiber, & calorie info for those folks who may be on a weight loss program. Easily calculate your points! (Info based on 4 servings for a 9"x9" pan and 8 servings for a 9"x13" pan).

Ivy's Cookin' kitchen is fully licensed by the State of Oregon Department of Agriculture

Call for your menu today! 485-4200
(voice mail - please phone at your convenience)
Or email a request to ivy@efn.org • www.ivyscookin.com